

**Protecting
the Body of
Christ...**

**Caring about
One Another**



Deuteronomy 30:15

Choose! I have set before you life & death, the blessing & the curse; therefore choose life.

Stay as you are & drop out, change, however painfully, & move toward life.

1 Corinthians 6:19b-20

**“You are not your own;
you were bought at a
price. Therefore honor
God with your body.”**

Author Unknown

The human body is a treasure trove of mysteries, one that still confounds doctors & scientists about how it works. It's not an over-statement to say every part of your body is a miracle.

Do we truly realize what treasures our bodies are?

- We are “fearfully & wonderfully made
- We are a unique work of art by the hand of our Holy Father
- We are the “Body of Christ”. What we do to our bodies, we do to Christ.

Do we truly realize what treasures our bodies are?

- We are holy ground; for where ever God resides is holy ground**
- We are temples of the living God**

**“EVERY MAN IS THE BUILDER OF
A TEMPLE, CALLED HIS
BODY...WE ARE ALL SCULPTORS
& PAINTERS, AND OUR
MATERIALS ARE OUR ON FLESH
& BLOOD & BONES.**

HENRY DAVID THOREAU

1 Corinthians 3:16-17

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.

Proverbs 3:8, 21-22

**8 This will bring health to your body
and nourishment to your bones.**

**21 My son, do not let wisdom and
understanding out of your sight,
preserve sound judgment and discretion;
22 they will be life for you,
an ornament to grace your neck.**

Proverbs 4:10, 20-22

10 Listen, my son, accept what I say,
and the years of your life will be many.

20 My son, pay attention to what I say;
turn your ear to my words.

21 Do not let them out of your sight,
keep them within your heart;

22 for they are life to those who find them
and health to one's whole body.

Proverbs 1:24-26

“But since you rejected me when I called and no one gave heed when I stretched out of my hand, since you ignored all my advise and would not accept my rebuke, I in turn will laugh at your disaster.”

Isaiah 40:29 & 31

“He gives strength to the weary and increases the power of the weak”

“will run and not grow weary, they will walk and not be faint”

Romans 12:1

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

Examples of what we can do to help keep our bodies more healthy

- 1. Go to the doctor for health checkups.**
- 2. Follow the doctor's instructions completely.**
- 3. Get at least one half hour of exercise a day.**

Examples of what we can do to help keep our bodies more healthy

4. Drink minimum of 8 glasses of water per day spaced regularly

5. For every hour of sitting get up for 5 minutes and move around

6. Stop eating, drinking or breathing things that we know are bad for us.

Examples of what we can do to help keep our bodies more healthy

7. Get at least 7 hours of sleep per day

8. “Doing good to others is not a duty. It is a joy, for it increases your own health and happiness” Zoroaster